



SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Home and Community Safety Week Focuses on Fall Prevention

(Sedgwick County, Kansas) – In 2001, Sedgwick County EMS responded to over 1200 calls from residents 65 and older who had fallen. By June of this year, EMS had responded to over 500 calls from the same age group. With next week, June 9 – 15, being “Home and Community Safety and Health Week: Focus on Fall Prevention,” Sedgwick County EMS would like to remind you of these tips to prevent injuries from falls:

- Assess your own risks. If you or a loved one suffers from arthritis or other medical condition that causes you weakness or pain, be aware of ways to control it.
- Check the floor for tripping hazards and pick up any potential items that are in your walk space. Throw rugs and electric cords are frequent hazards.
- Always use the stairway railings and place handrails in your home near areas that you commonly sit and stand. This may include the bathroom or kitchen.
- In bathrooms, you may consider placing slip resistant backings on tubs and shower floors and slip resistant rugs on the floor.
- Railings placed on beds may help prevent falls from persons trying to get out of bed.

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- Lift chairs are useful to help you get up slowly and gain control of your balance before you start moving and walking. Motorized chairs are also available that assist people in using the stairs.
- If you live alone and suffer a fall have a plan ready in case you suffer a fall. Consider using a Life Line device or medical alarm to call for help, or keep phones at table level for access.
- Maintain an exercise program to improve strength, balance and coordination.

Be aware of the risk factors that contribute to falls, such as problems with gait and balance, medication usage, visual impairments and tripping.

“It’s so important to take steps to prevent injuries,” said Sedgwick County Commission Chairman Ben Sciortino. “But, we also want citizens to be aware that Sedgwick County EMS is available 24 hours a day, seven days a week to help them when falls and accidents do occur,” Sciortino said.

For more information about other Sedgwick County EMS services, contact Kristi Zukovich at (316) 660-9370.

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